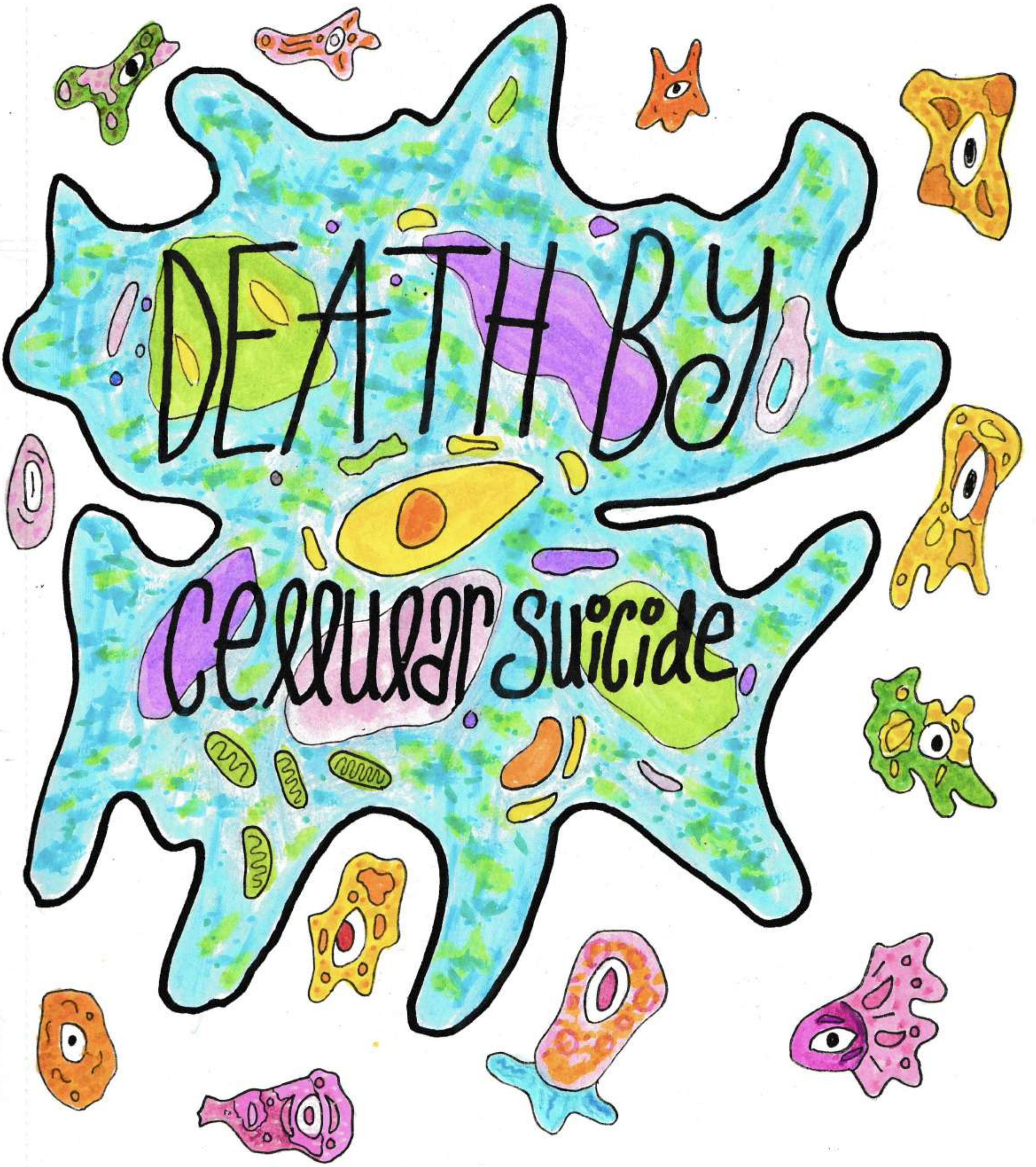


DEATH BY cellular suicide

THE SLEEPLESS MONKS 1

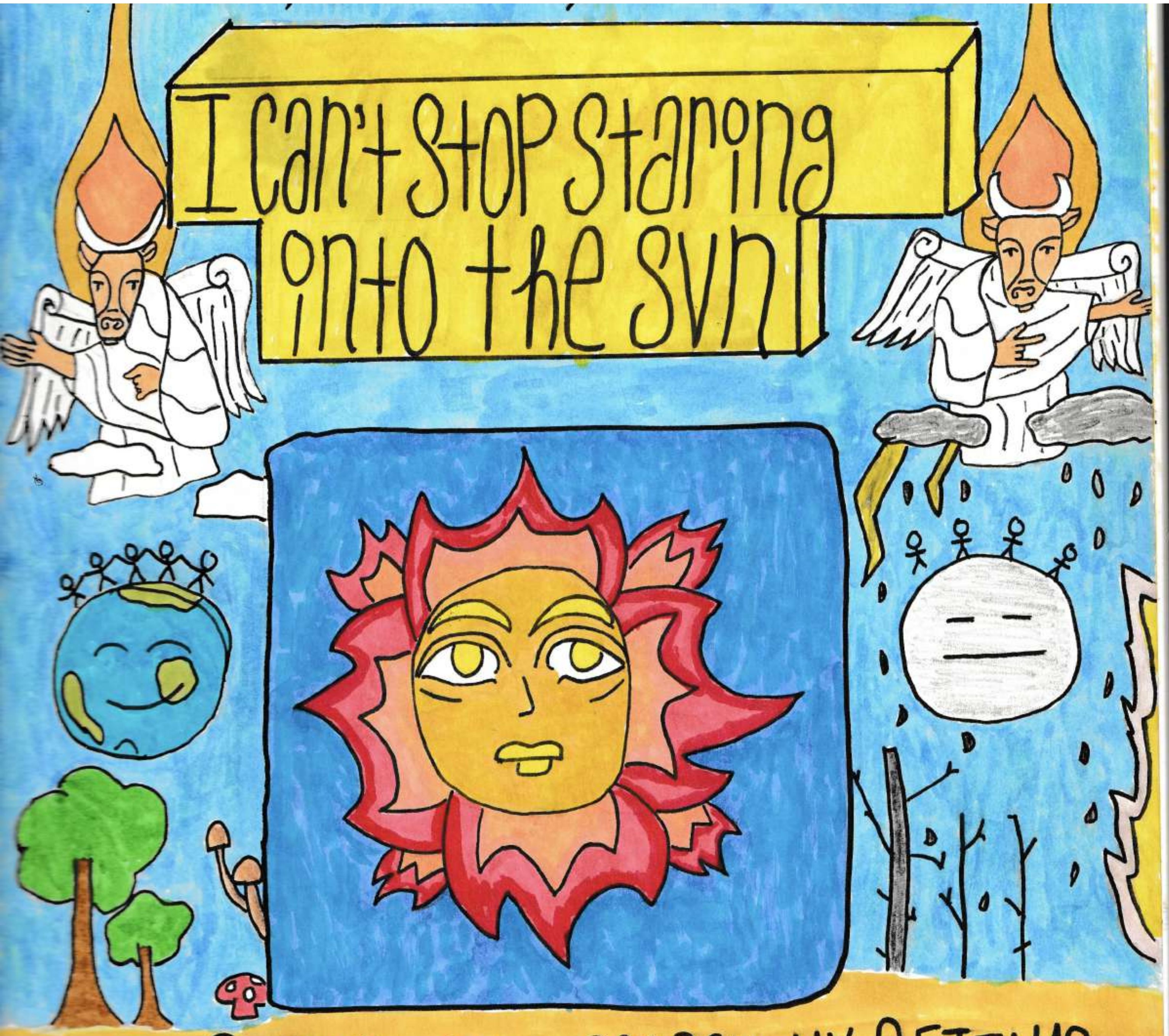
DEATH BY CELLULAR SUICIDE

THIRD EDITION (DIGITAL)

THE SLEEPLESS MONKS, 2024

SAULT STE. MARIE, ON
BURLINGTON, VT

I can't stop staring into the svn



O·PIOVS·SVN, SCORCH·MY·RETINAS
VVITH·GRIEF. VVHAT·YOV'VE·GIVEN·NOVV
MVST·BE·RETVRNED, THIS·BODY·REDVCED·TO·
LOST·HEAT. NOVV, SEE·ME·HERE. AT·THE·MERCY·
OF·YOVR·BEAMS. DRY·MY·SOIL, DRY·MY·BLOOD·
VVHAT·YOV·NVRTVRE·IS·VVHAT·YOV·REAP.

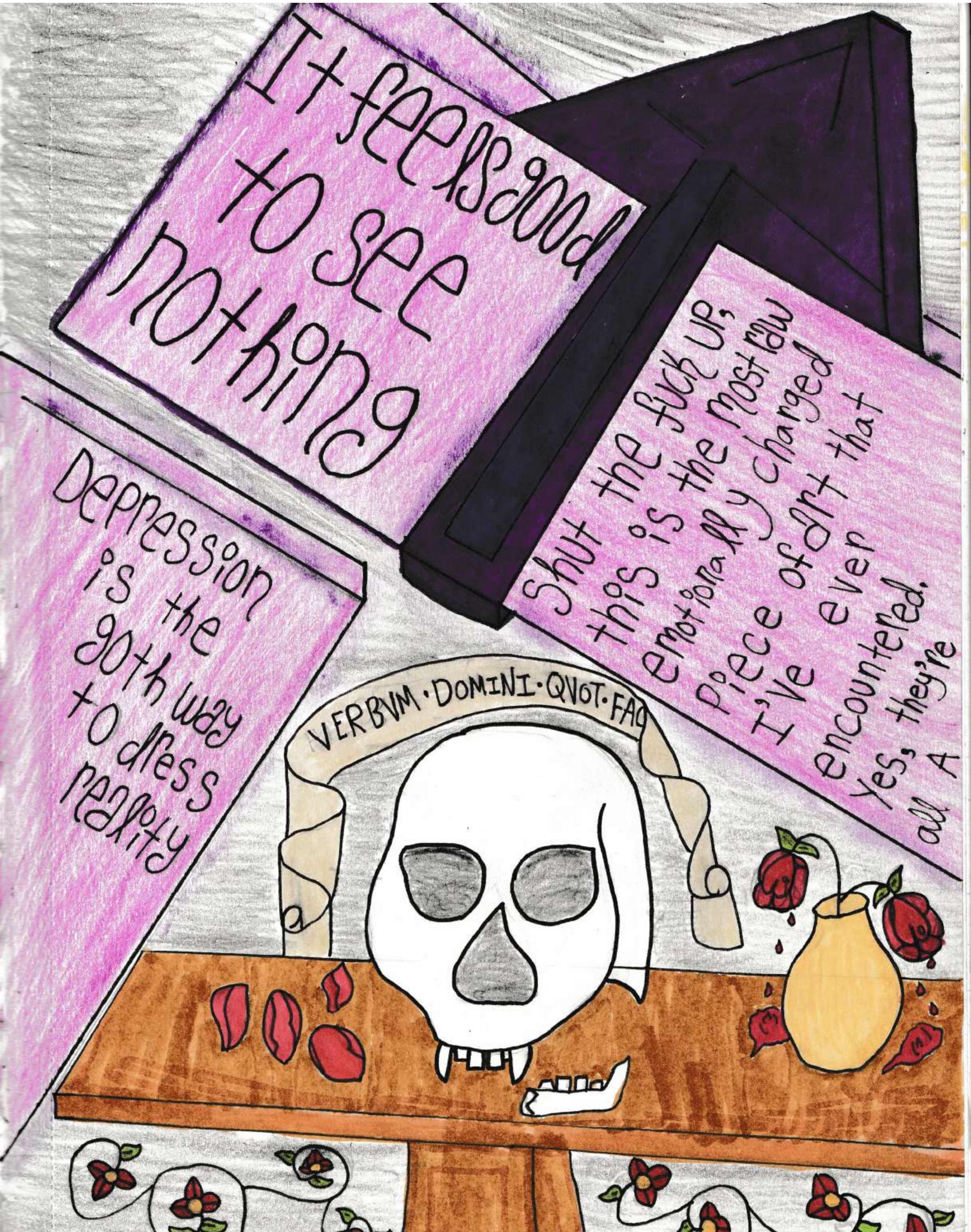
The institutions of our society are structured in a way that Potrays nature as having no intrinsic value if it is not transformed into a commodity through labour. This idea, which has been introduced by the Fathers of capitalism like John Locke, has become so deeply embedded within the collective unconscious that it has become impossible to engage in Public discourse without entertaining it. We hear talks about the tension between economic development and environmental Protection in the Political sphere because society is unwilling to accept that nature is valuable on its own merit. I think that development which irreparably harms nature is only regression.

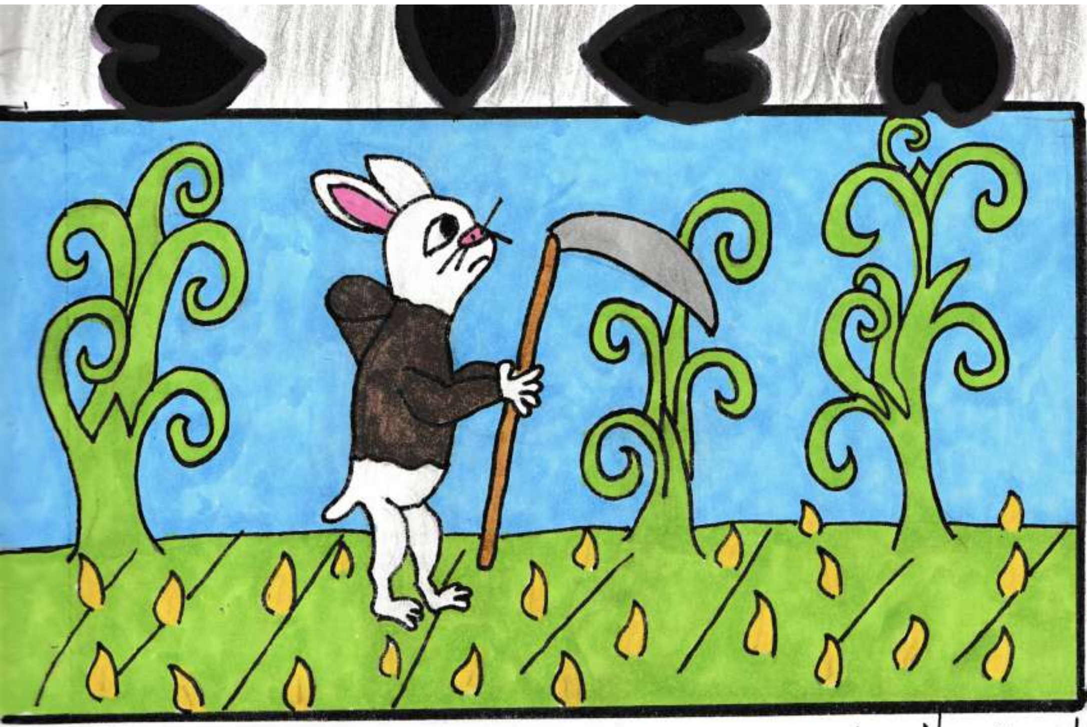
But it hasn't always been like this. The ancients understood that nature was to be both respected and feared. Today we have lost this fear of the divine forces within nature and, if things continue this way, it will lead to the destruction of our species. Now the Earth is starting to fight back after centuries of mistreatment at the hands of humans, and that's what climate change is. We humans are arrogant for thinking we stand a chance to win a war against the Planet we depend on for our survival. This Poem is about the mechanisation of the natural world that has occured as a result of the enlightenment thinkers viewing the world as a machine, and how it'll lead to our extinction. There's also commutary on the backwards Theory of Utilitarianism and how it can be used to justify atrocities.

A STORY OF A STREAM.

There is a Spirit, an esscence, alive, it's the stream. She streches, bends curves and waves. She nurtures those who respect her, and drowns those who slight her. Then came the scientists, with spreadsheets, instruments, & conceptual schemes. They reduce her to atoms, there's no need for spirit, natural forces animate the stream. She becomes another machine.

They confine her to numbers. [redacted]. PH is 8.1. Dissolved oxygen measures 5.6mg/L. [redacted]. "While this stream is quite serene," the first scientist remarks to the next, "the results suggest utility will be maximised if we install a hydroelectric dam, effectively drying the stream." Cold but rational calculations have determined the world would be best off without her in it. Now she waits, in this comatose state, paitent and content because she knows soon she will wake. If you hear the harsh winds blowing, see the water drying, feel the floods falling, then you hear ~~her~~ The Earth conspiring. To rid herself of this turbulent beast. The waters have already begun their rising.


It feels good to see nothing
Depression is the goth way to dress reality
Shut the fuck up, this is the most raw emotionally charged piece of art that I've ever encountered. Yes, they're all A
VERBVM · DOMINI · QVOT · FAC



Do you ever wonder how social Media Platforms like instagram and facebook and online websites like Google are free, yet their owners make billions in Profit?

The reason they're free is because you do the Work For them! In Russia there is a common Proverb, "anything free is cheese in a mousetrap." Economist and Philosopher Yanis Varoufakis posits that the modern digital economy is analogous to the institution of serfdom. When we use Social Media, Amazon.ca, Google.com, or any online site, we act as serfs doing unpaid labour on the technocapitalist's land so they can make even more money through selling our data.

THEY SHOULD BE PAYING US TO USE THEIR PLATFORMS! Online users of sites like Google should receive a share of the Profits they create. You might say that's silly because we choose to be online of our own volition for our own enjoyment, but do we really? They have intentionally highjacked the chemicals in our brain so we become addicted - we choose to scroll in the same way the alcoholic chooses to keep drinking.

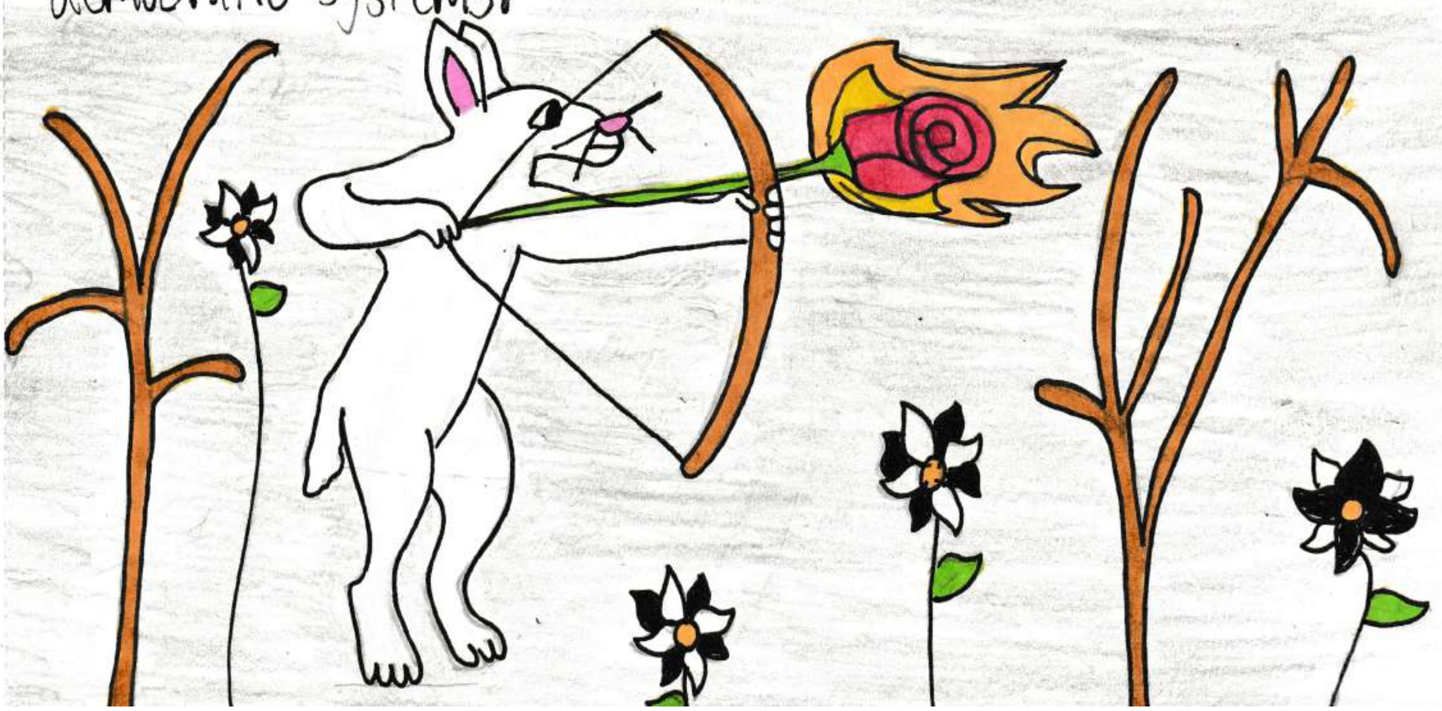
Think about it: When is the last time you had fun online? All of the avid social Media users I've spoken with have affirmed that they don't enjoy scrolling, but are compelled to do it anyways. But, unlike cigarettes and alcohol, we don't have warning signs on social media apps about their dangers. Besides, it's not like someone should be paid according to how much they like their job. The point is we're generating money for them, and they hog it all for themselves.

Even further, like serfs, it is near impossible for us to opt out of this contract. To participate in society, to find a job, to socialise, and keep in touch with current affairs, we must participate in online spaces. Just as the Tsars of Russia mass produced cheap vodka with the expressed intent of placating the serfs, technocapitalists placate us with a constant brigade of mind-numbing meaninglessness so that we may continue to generate capital for them, at the expense of our mental, spiritual, and physical health. It is no wonder society does no more than pay

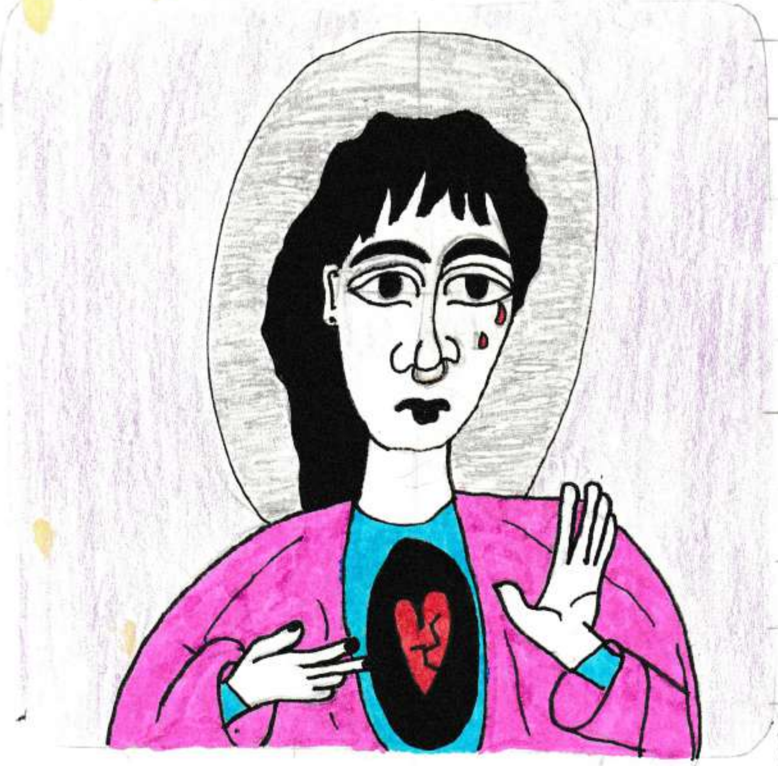
Fragile
USE AT
OWN RISK

mere lip service to the idea of online addiction because the most powerful men in the world. Jeff Bezos, Elon Musk, Mark Zuckerberg, etcetera, make billions from keeping us in bondage!

I think that future generations will view the technocapitalists of today as a combination of Big Tobacco and 19th century oil Barrons. The former because they knowingly poison billions, steal incalculable hours from their life, and suppress evidence of adverse health affects. The latter because of how they are actively working to perpetuate income inequality and have exerted undue influence over our democratic systems.

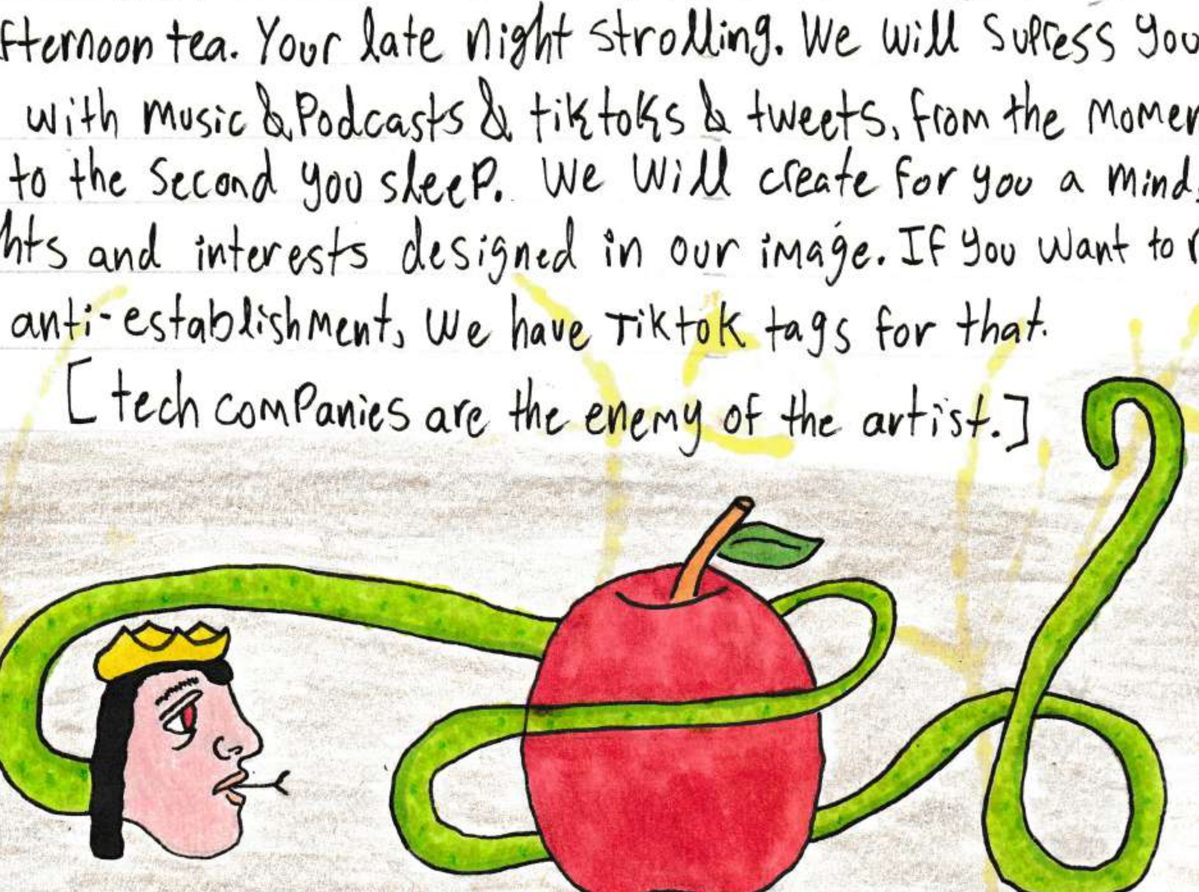


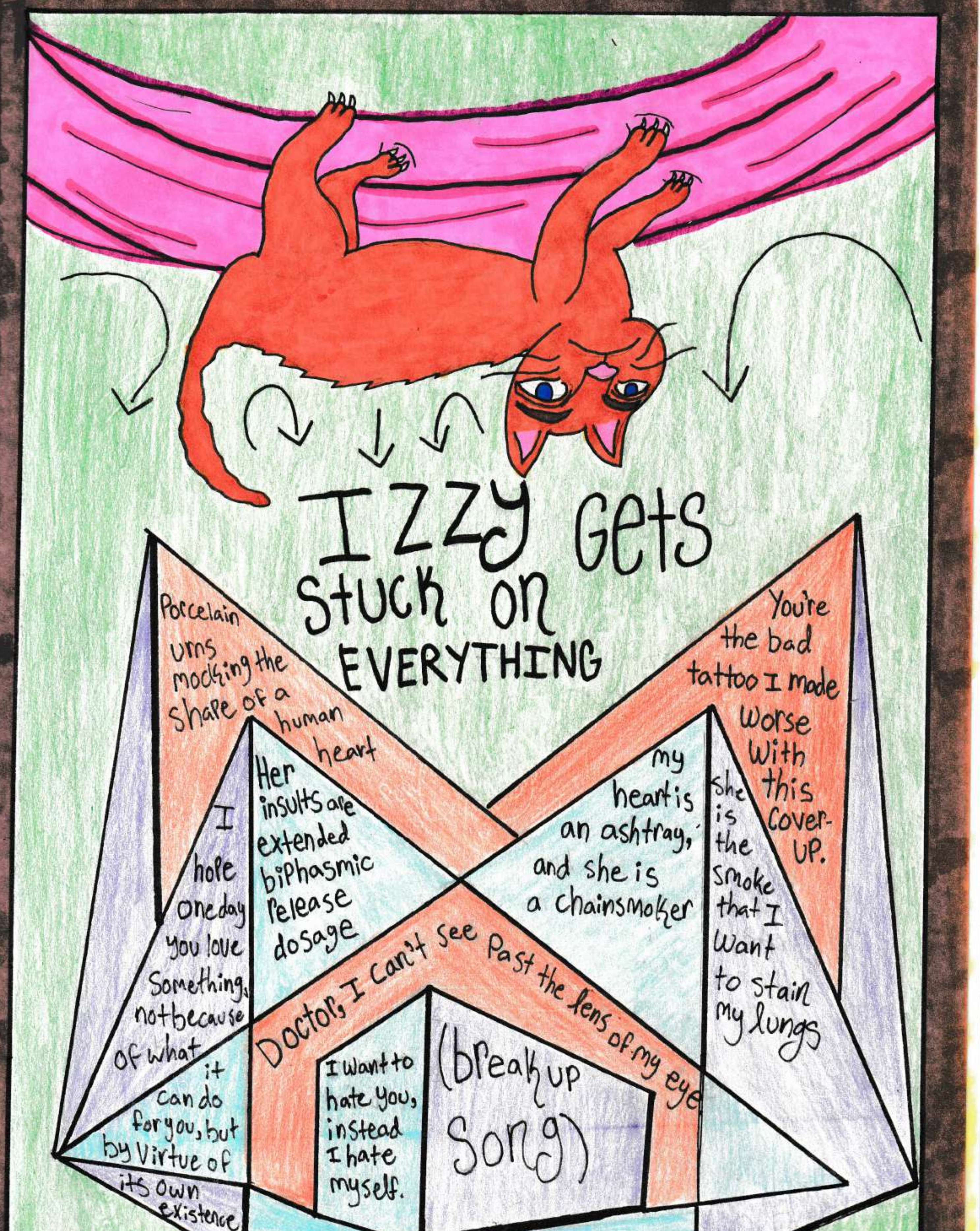
A Letter Addressed to You, From Big Tech



Do not look in yourself. Do not feel yourself. Look, at this algorithm we have crafted to remould you. Feel only the emotions we serve. Do not allow your mind a moment of empty or rest, we will fill it with disorganised meaninglessness. We will displace the space for the stories, art, & poems you would have made. You will grow to fear the silent empty space. We will infiltrate the places where ideas are made, those which should be private & quiet, but you have invited us in. Your bed at night. Your breakfast in the morning. Your afternoon tea. Your late night strolling. We will supress your artist with music & podcasts & tiktoks & tweets, from the moment you wake to the second you sleep. We will create for you a mind, with thoughts and interests designed in our image. If you want to rebel or be anti-establishment, we have Tiktok tags for that.

[tech companies are the enemy of the artist.]





Izzy Gets Stuck on EVERYTHING

Porcelain urns mocking the shape of a human heart

Her insults are extended biphasmic release dosage

I hope one day you love something, not because of what it can do for you, but by virtue of its own existence

You're the bad tattoo I made worse with this cover-up.

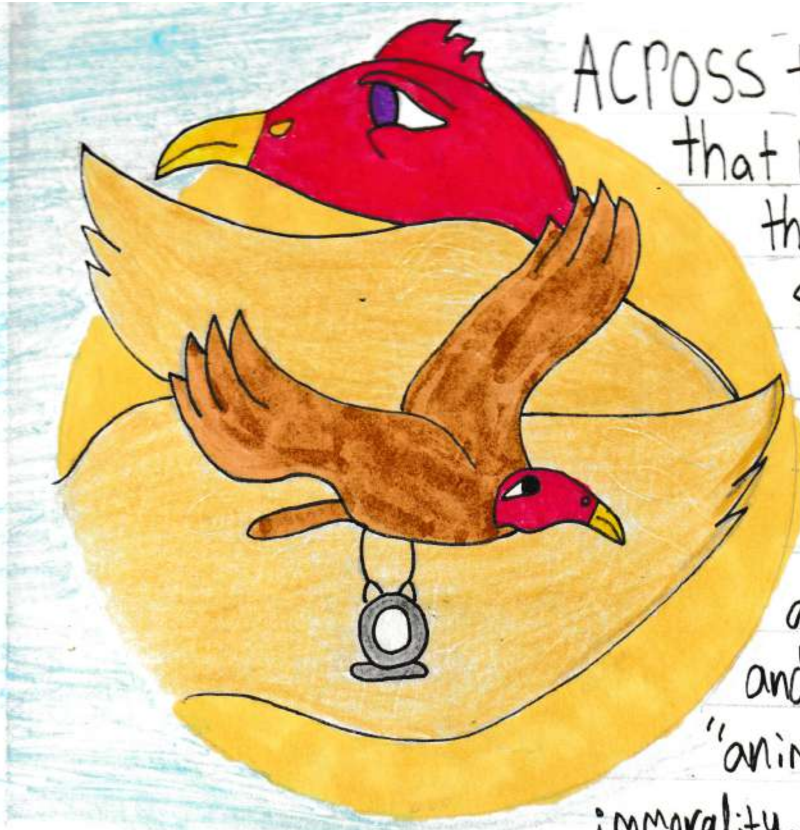
my heart is an ashtray, and she is a chainsmoker

She is the smoke that I want to stain my lungs

Doctor, I can't see past the lens of my eye

I want to hate you, instead I hate myself.

(break up song)

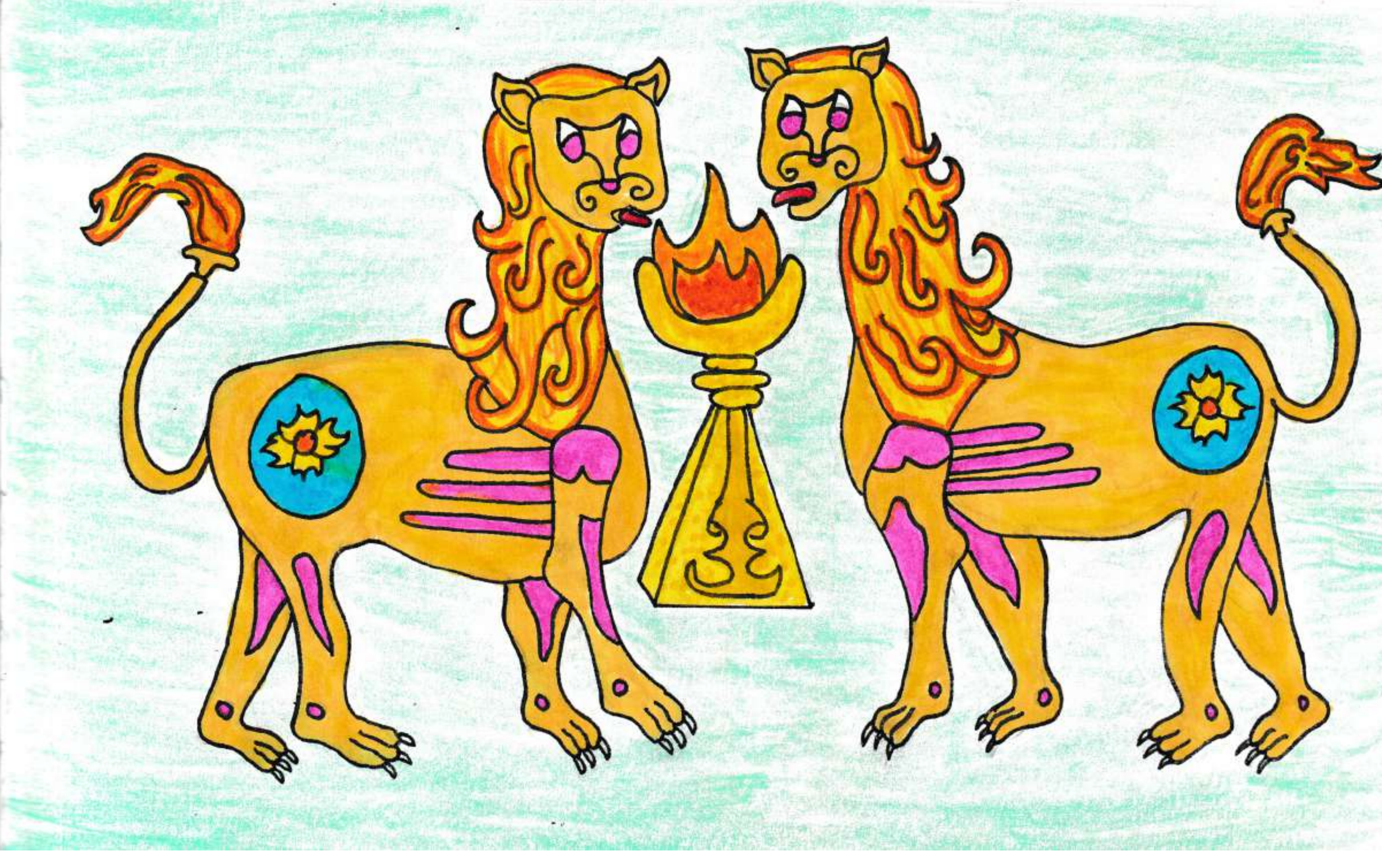


ACROSS the World, the idea Persists that non-human animals lack virtue, they are often Presented as savage, dirty, and reprehensible. In Abrahamic religions, animals lack eternal souls and conscience. In Dharmic religions, birth into the animal realm is seen as unfortunate and full of depravity. Even the word "animalistic" connotes barbarity and immorality, which reflects human arrogance. In reality, humans have a lot to learn from animals in terms of virtue, Morality, and even the Perennial search for the Good Life.

There are some animals that behave far more Virtiously than humans, who can't go a day without killing each other or stealing, and abuse the Earth by taking far more than they need. Consider the Vulture, which the old Romans understood to be among the most Virtous forms in all of creation. (This is why Romulus decided to build Rome on the Capitoline Hill after seeing twelve Vultures of omen fly above it). Unlike humans, Vultures refran from killing, taking modestly what they need from the Earth and no more. They clean up the world where there is death. Even herbivores need to kill plants to stay alive, but vultures need to kill nothing at all. In the rare instances where vultures do kill, it is limited to animals that are sick and dying, which may be seen as benevolent. While the lives humans lead lend themselves to stress and anxiety, the life of a

Vulture is far more peaceful, gently soaring across the sky, detached from the land and the happenings on it.

Even further, I think something humans can learn from most animals is how to be content with what is. Humans are obsessed with living a significant and extraordinary life, like you have to do something important and leave a mark. Animals don't have that concern, and that's virtue. Izzy the cat doesn't worry about fame, success, the accumulation of goods, or if she has sucked enough out of life. She just wants out from the curtain. We can learn a lot from animals.

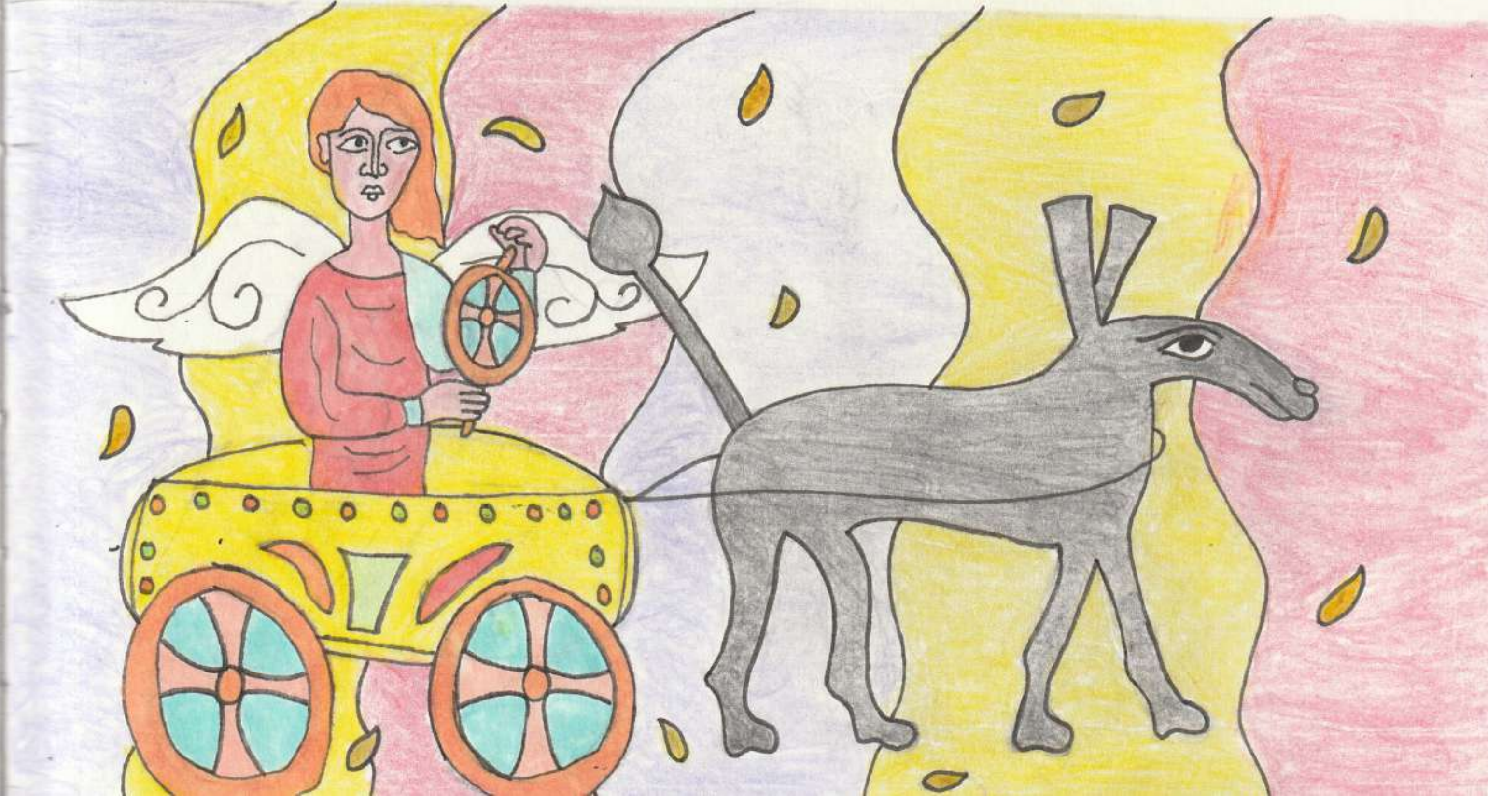


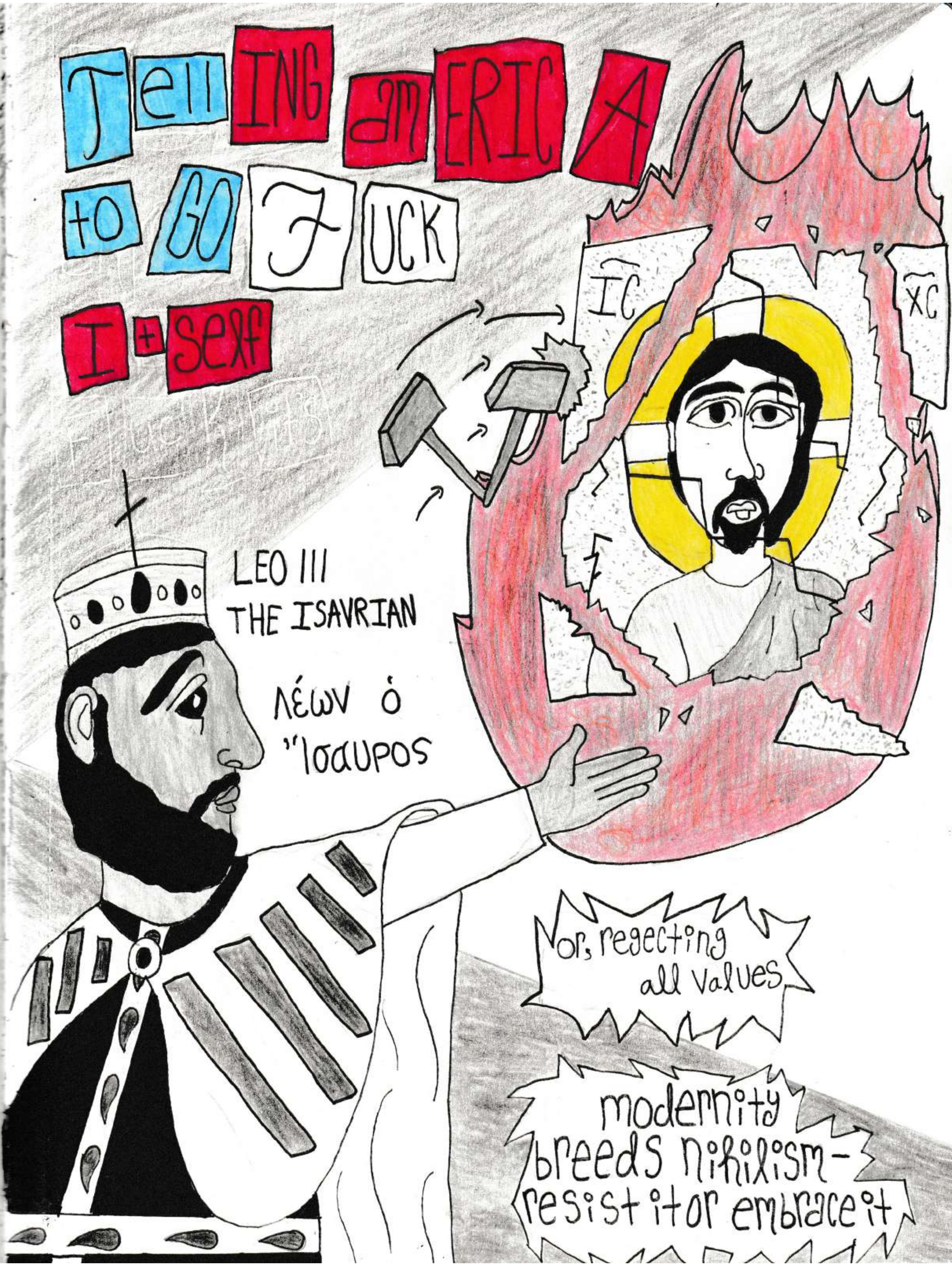
With each inhale and exhale, accompanied by the rising and falling of my diaphragm, the sun rises, and falls, and rises, and falls, and rises.

I'm at work, sweeping the floors before we close for the night. As my broom brushes underneath the counter in a vain attempt to resist the inevitable onslaught of dirt, sand, and dust, I am overcome by a vision. A thousand previous lifetimes in which I have done this exact same thing.

Haven't I been here before? Didn't I do this yesterday? And yesterday and yesterday? Won't I continue to do this same thing "tomorrow and tomorrow and tomorrow... Until the last syllable of recorded time[?]"

As spring becomes summer becomes fall becomes winter, the wheels of the broken down Mazda spin indefinitely. The driver barrels down the interstate. He is looking for something. He is driving towards somewhere, and he hopes his car will make it. Maybe he'll know when he gets there. Maybe he'll know when he finds it. Maybe then he'll be able to rest.




Tell ING amERIC A
to GO F UCK
I + self
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LEO III
THE ISAVRIAN
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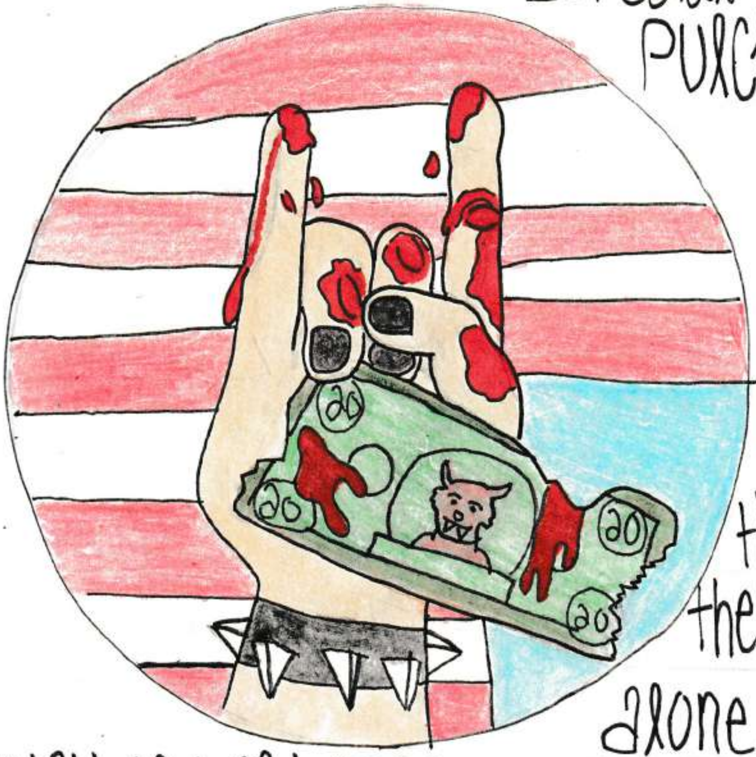
"Ισαυρος
or, regecting all values
modernity breeds nihilism - resist it or embrace it

[Special guest writer: Katarina Pulcheria]



On the fourth of July, my friends and I go out to our spot on the lake. We trudge through the woods, so familiar they must belong to us- us alone. My legs get torn by way of wild roses, and the cool condensation of the cheap can of beer presses against my fingertips like a too-wet kiss. When we make it to the lake, the sun painting the water with orange hues, we hold out a can of beer - the labels facing out - and cheer, "God bless America!" Our great empire of blood and money, clutching so tightly to the torch of Western civilization it leaves soot stains in its wake. God bless the land of glass houses and streets lined with stone, home of the brave enough to send our troops to foreign lands with drones and big red buttons while we send our children to the front lines of a classroom, to choke on chalkdust and gunpowder

L>

Land of opportunity[1], where liberated slick black oil sticks the middle class to a collapsing ladder.

Our Great Christian nation. Where Jesus tried to spread the gospel, but he walked for so long his shoes had holes in them and he couldn't afford an Airbnb, so he slept on a park bench.

When he spoke the word of God people averted their eyes, the kinder ones throwing nickels at him, careful not to touch his dirt-stained skin.

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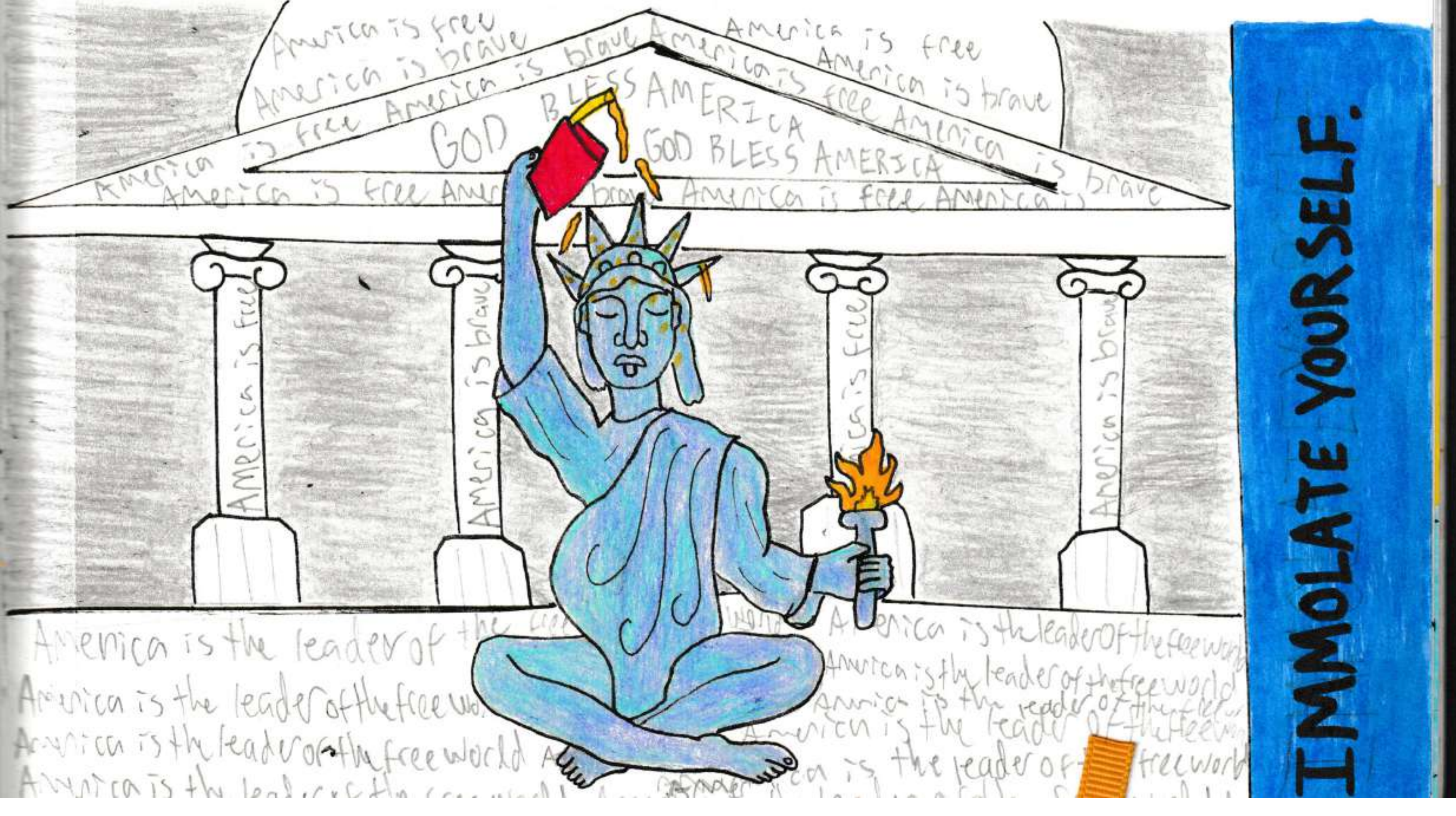
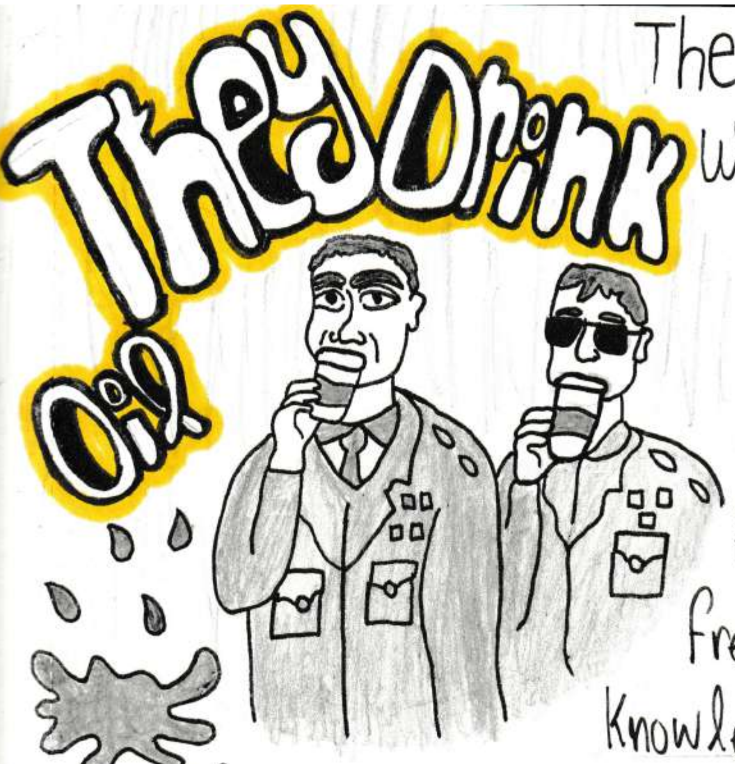
[1] re: Land of opportunity, see the terms & conditions.


America is free
America is brave
GOD BLESS AMERICA
GOD BLESS AMERICA
America is free
America is brave
America is the leader of the free world
IMMOLATE YOURSELF.



They assure us they know what's best for us. Through enlightened wisdom and understanding they have created freedom. Out of benevolence, they are extending this freedom to us. All we need to be free, they tell us, is knowledge. Their knowledge. Which states what's best. For us. They have decided that its in OUR best interests to follow the Correct Vision forward. All who try to resist will be forced to be free.

Sociologists report a global "crisis of trust," which will have economic and social repercussions. But I don't blame people for looking out for themselves first in a society where the most powerful men and institutions are working against them.

The news cycle reports that Fukuyama's "end of history" has come and passed, the global Liberal Democratic World Order has begun to crack. That means its current form is not working suitably.

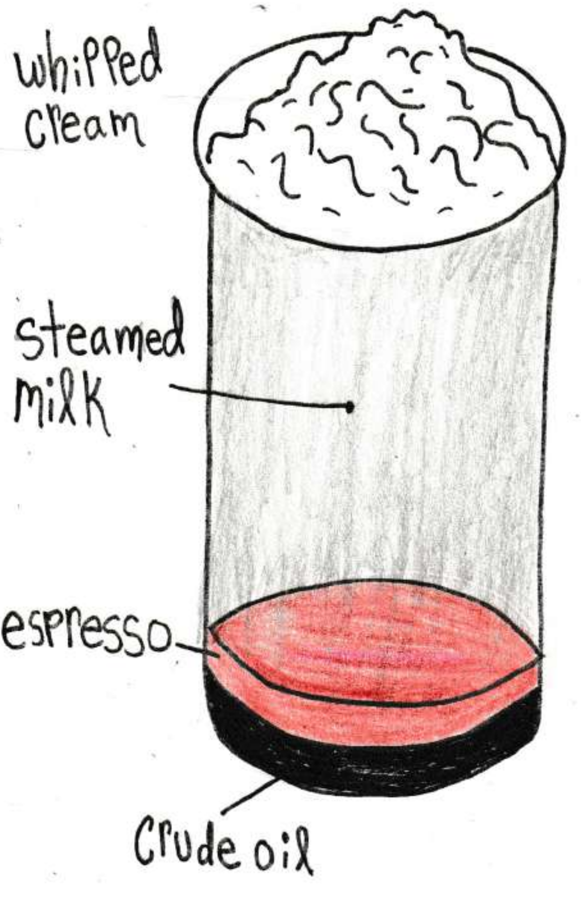
Scientists report that modernity is not sustainable, our luxuries and lifestyles will lead to the end of our species. If everyone wants to commit

↳

Suicide, that's their prerogative.

I do not call for revolution. I will not try to persuade anyone towards anything. I offer no solutions. I do not demand change. I will wait for the apocalypse. I will sit back and watch the world be destroyed.

Crude oil Latte



Ingredients	12 fl.oz.	16 fl.oz	20 fl.oz.
crude oil	3 pumps	4 pumps	5 pumps
Starbucks espresso roast	1 shot	2 shots	2 shots
steamed milk	fill to ¼" below cup rim		
whipped cream	Top with whipped cream		

Preparation

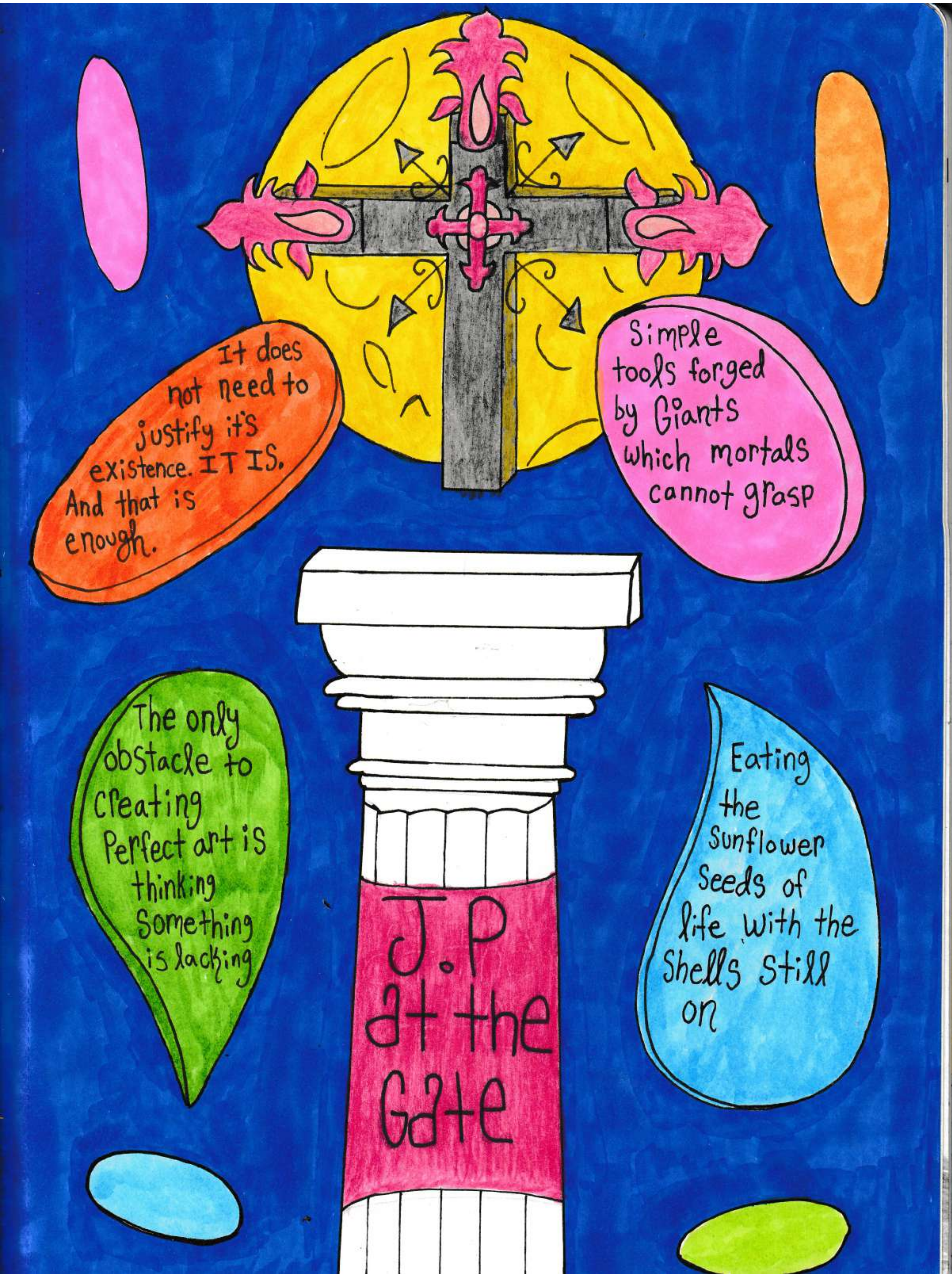
1. Add crude oil
2. Add espresso
3. Add steamed milk
4. Finish beverage

Options

Optional Toppings - Cinnamon & Sugar.

You've heard of the Oleato Latte made from olive oil, which is all the rage among the ED girlies. Introducing our new "crude oil latte," the top drink of Pentagon officals since 1953.

After the CIA overthrew the democratically elected government of Iran through Operation Ajax and installed an authoritarian regime sympathetic to American oil interests, the crude oil latte was introduced to the American Elite. Today, we at Starbucks are happy to announce we are extending this drink to the public.


It does not need to justify it's existence. IT IS. And that is enough.
Simple tools forged by Giants which mortals cannot grasp
The only obstacle to creating Perfect art is thinking Something is lacking
J.P at the Gate
Eating the sunflower Seeds of life with the Shells still on

If you told someone a few hundred years ago that states as large as the present-day United States, India, Indonesia, or Germany could become democracies, they'd dismiss you as a naive radical. If you suggested that one day all men, regardless of property status, would be enfranchised, or, God forbid, alluded to the possibility of women's suffrage, you'd be dismissed as a lunatic. But some lunatics did dream of change and were willing to struggle to achieve their goals. Today, people have grown complacent and numb. We're taught that, instead of wasting energy dreaming of a better future, we should be content with the rapidly eroding achievements of our forefathers. The benefactors of our increasingly unequal institutions would have us believe that, in this modern age of unimaginable technological advancement and individual alienation from community, meaningful change is only possible through those who already hold power. Expansions to democracy will always seem radical, subversive, and impractical under the status quo, but that should not stop us from striving for improvements. One such democratic expansion is the council system, in which power "builds itself up from the grassroots,"[1] emanating from the bottom up. Imagine if, instead of being bombarded by contradictory information from news outlets and social media, the most relevant political issues were discussed in a local neighbourhood council which encouraged partcipation from all citizens, fostering a sense of freedom and "public happiness" that comes with self-governance?[2] The dissusions

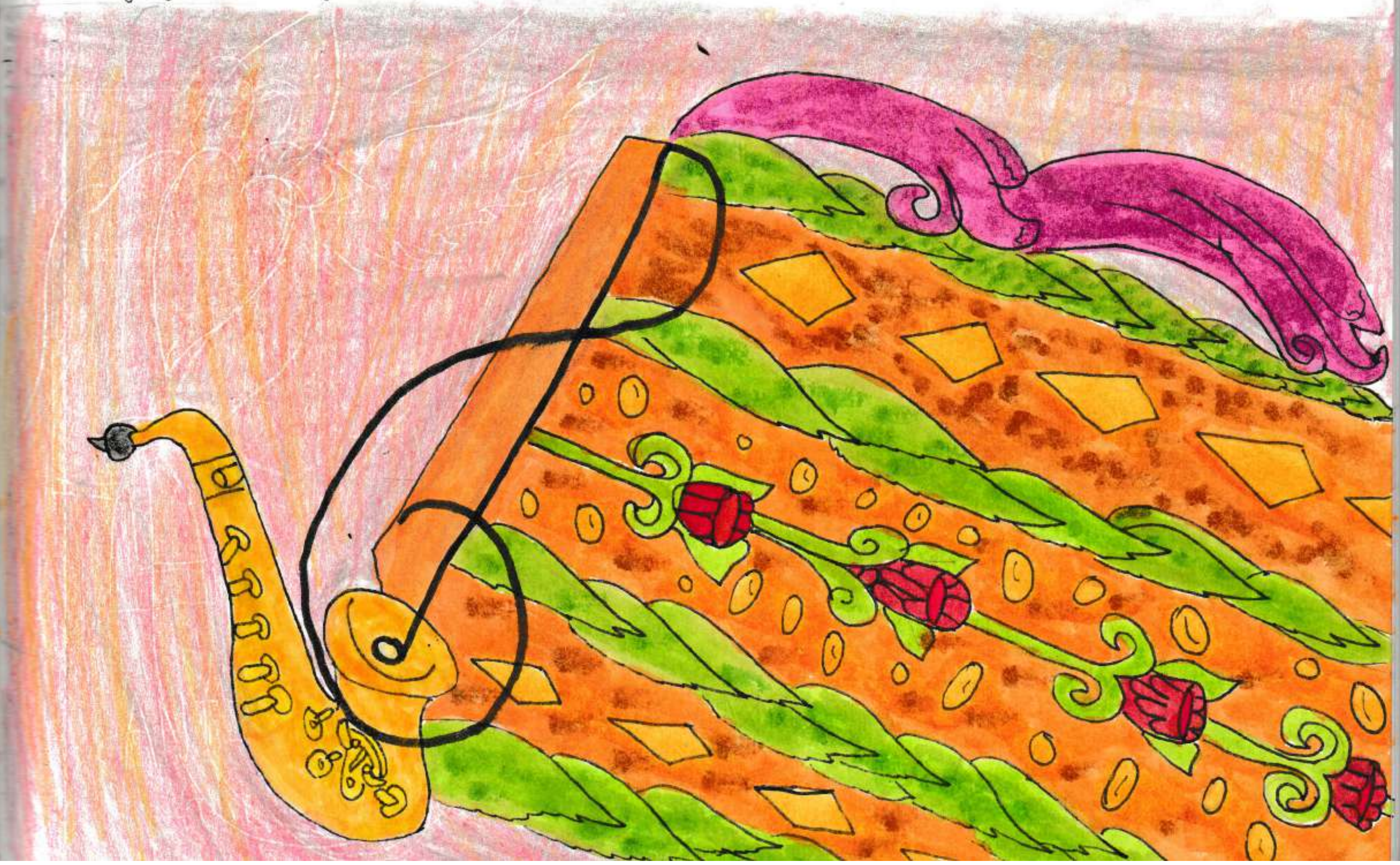
↳

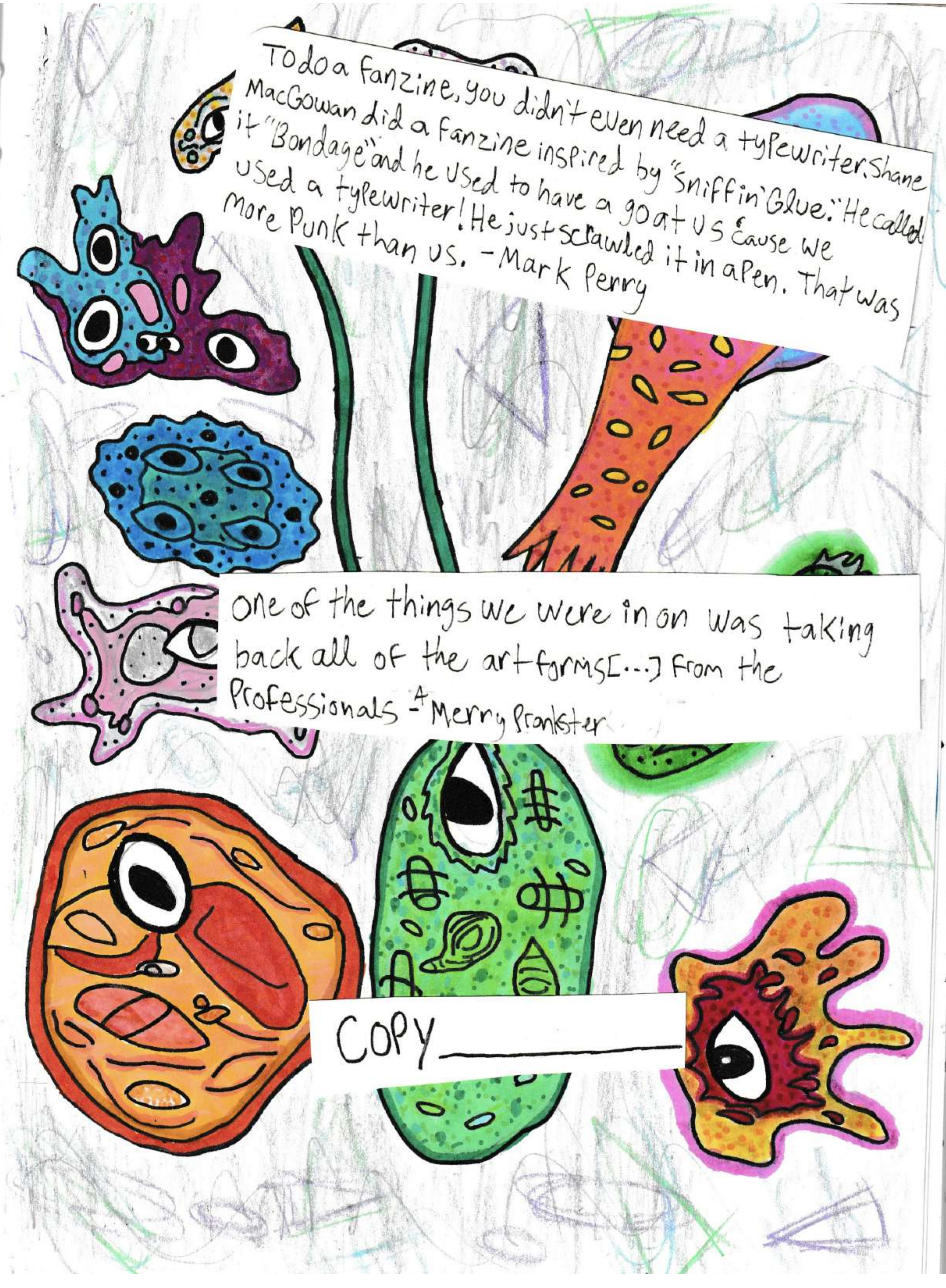
at these councils would offset political polarisation by bringing citizens into dialouge with opposing views, allowing them to develop well-formed and grounded opinions. Each local council would then nominate delegates to attend a larger council, such as the city, with the process repeating for district, provincial, and federal councils, creating a pyramid structure encouraging delegates to be more accountable to their constituents than under the party system.

The responsibilites of these councils do not need to be extraordinary. They may hold legislative authority without executive power, or preside over specific narrowly designed functions. In contrast to Marxist council systems, Hannah Arendt argues that councils do not need to assume control over the economy or complex bureaucratic aspects of state administration. Rather, their goal is to foster public involvement and participation. (both footnotes are from Arendt's On Revolution).

Death by cellular Suicide
JP at the Gate

Infinitely vast, where the sky & ocean converge at the horizon. The sum of your human grief: sorrow, lamentation, distress and despair, sink without a splash. Swallowed, united with the expanse of shifting waves. Purified through communion with the whole, timelessness negates meaninglessness. All the foam & mist which the ocean spits sits suspended for the briefest moment, before sinking back into the deep.





To do a fanzine, you didn't even need a typewriter. Shane MacGowan did a fanzine inspired by "Sniffin' Glue." He called it "Bondage" and he used to have a go at us 'cause we used a tylewriter! He just scrawled it in a pen. That was more Punk than us. -Mark Perry

One of the things we were in on was taking back all of the art forms[...] from the Professionals - A Merry Prankster

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